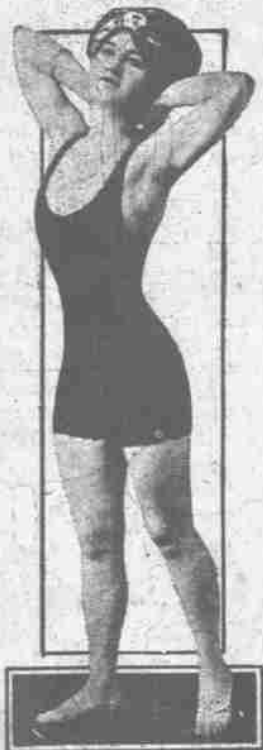


## SHE SWAM FOR HEALTH; NOW IT'S A STEADY JOB.

"Swimming Is the Best Exercise in the World to Develop the Body—If a Woman Wants to Reduce or Build Up Just Swim," Is Her Advice.



Miss Lillian Bearle as she posed for a series of articles on physical culture. She does not wear this costume on the stage.

After thousands of women

were measured for a series of magazine articles on women, Miss Bearle, a swimmer, was picked as the most perfect woman in the world.

"My stage name is La Diva," says Miss Bearle. "I am 23 years old and was born in Boston."

"I took up swimming for my health and find it the best exercise in the world to develop the body. If any woman wants to reduce or build up let her learn to swim."

Lillian is one of nine sisters, and every morning, dating back to the day when the oldest learned to swim "dog fashion" the sisters have been swimming in the Atlantic near their home.

Lillian was the best swimmer of the nine and won many medals and cups. Her record is a mile in 35 minutes. John F. Conroy, a swimming teacher and Carnegie medal winner, showed her how to dive and she became so expert that she got a vaudeville offer and went on the stage.

\*\*\*\*\*  
\* Weight, 131 lbs.; height, 5 \*  
\* ft. 3 in.; neck, 13½; chest, \*  
\* 31½; chest expanded, 33½; \*  
\* lower chest, 27½; waist, 23; \*  
\* hips, 37; thigh, 22; calf, 13½ \*  
\* ankle, 8; upper arm, 10¾; \*  
\* forearm, 9½; wrist, 6. \*  
\*\*\*\*\*

### Soak Bacon.

If bacon is soaked in water for three or four minutes before frying, the fat will be prevented from running out and the bacon will go farther.